

Polasaithe Naíonra Céimeanna Beaga

Polasaí 36: Polasaí ar Ghalair Thógálacha / Infection Control



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1. Láimhsiú

Chun na rioscaí a bhaineann le láimhsiú a mheas agus a laghdú.

Déanfaidh an tseirbhís na rioscaí a bhaineann le láimhsiú a mheas agus a laghdú. Is é an droim an príomhbhall den chorp a bhíonn gortaithe de thoradh timpistí láimhsithe, ach is féidir beagnach gach ball den chorp a ghortú de thoradh drochláimhsithe.

Tá sé tábhachtach nach ndéantar dearmad go bhfuil gach duine sa tseirbhís freagrach as sábháilteacht, sláinte agus leas.

Freagrachtaí an Lucht Bainistíochta:

- Rioscaí do shláinte agus do shábháilteacht na bhfostaithe, chomh maith le sláinte agus sábháilteacht dhaoine eile a d'fhéadfadh a bheith buailte, a mheas chun na bearta sin a chaithefear a chomhlíonadh de réir an dlí um Shláinte agus Shábháilteacht a aithint.
- Socruithe a dhéanamh chun na bearta a aithníodh go raibh gá leo le linn an mheasúnaithe riosca a chur i bhfeidhm.
- Daoine inniúla a cheapadh chun cabhrú leis an gcur i bhfeidhm.
- Eolas sothuigthe a thabhairt do na fostaithe, chomh maith le hoiliúint agus treoir chuí.
- Nósanna imeachta a chur ar bun.
- Críochnóidh an fhoireann cúrsa oiliúna maidir le láimhseáil.
- Seachain oibríochtaí dáinseáiracha láimhseála más féidir go réasúnta. Avoid hazardous Manual Handling operations as far as is reasonable practicable
- Déan measúnú oiriúnach agus iomchuí d'aon oibríochtaí láimhsithe dáinseáiracha nach féidir a sheachaint.
- Laghdaigh an riosca gortaithe a bhaineann leis na hoibríochtaí seo a mhéid is indéanta le réasún.

Dualgaisí Foirne:

- Staideanna dáinséaracha a thuirisciú, chomh maith le haon easnamh i socruithe sláinte agus sábháilte a bhfostóirí.
- Aire réasúnach a thabhairt gan dochar a dhéanamh dá s(h)ábháilteacht féin nó do shábháilteacht duine eile.

Prionsabal an Láimhsithe níos sábháilte.

Ní bealach cinnte chun tú féin a chosaint ó ghortú de bharr láimhsithe na céimeanna simplí seo a leanas. Tríd na céimeanna thíosluaite a leanúint, laghdaítear an fhéidearthacht go mbeifear gorthaithe de bharr láimhsithe.

Is iad seo a leanas na bunphrionsabail:

- Seachain láimhsiú nuair is féidir.
- Úsáid trealamh (Use equipment (*if available*)).
- Déan measúnú ar an tasc (cuimhnik ar úsáid trealaimh nó an tasc a bhriseadh síos i gcéimeanna simplí).
- Déan measúnú ar an ualach (*bain trial as ardú trialach*).
- Bí ar an eolas maidir le do theorainneacha féin agus ná bíodh eagla ort cabhair a lorg más gá.
- Réitigh an áit, ná déan dearmad go mbeidh ort aon rud a phiocann tú suas a chur síos am éigin (*agus a mhalairt*).
- Cuir tú féin i suíomh ceart.
- Déan an tasc ag baint úsáide as teicnící ardaithe níos sábháilte
- Measúnaigh an tasc (*conas is féidir é a dhéanamh níos éasca an chéad uair eile?*).

Is é an phríomhtheachtairacht a bhaineann le láimhsiú a dhéanamh ná SMAOINIGH sula ndéanann tú é.

Ardú níos sábháilte a dhéanamh:

Agus tú ag déanamh an tasc tá nósanna a bhfuil glacadh leo ar chóir a úsáid chun tascanna láimhsithe a dhéanamh níos sábháilte . Is iad seo a leanas na nósanna:

- Smaoinigh roimh láimhsiú/ardú.
- Coimeád an t-ualach gar don choim..
- Suíomh seasmhach a ghlacadh.
- Cinntigh go bhfuil greim maith ar an ualach.
- Lúbadh measartha den dhroim, de na cromáin agus de na glúine ag tús an ardaithe.
- Ná lúb an dhroim níos faide le linn ardaithe.

- Seachain an dhroim a chasadh nó a chlaonadh chuig an taobh, go háirithe uair atá an dhroim lúbtha.
- Coimeád an ceann suas le linn láimhsithe.
- Bog go héasca.
- Ná hardaigh nó láimhsigh níos mó ná gur féidir déileáil leis go héasca.
- Cuir síos, agus ansin socraigh.

Ná déan dearmad, laghdaítear an riosca gortaithe go mór má dhéantar an rud a phiocadh suas nó a chur síos ag airde do choime.

2. Manual Handling

To assess and reduce the risks associated with manual handling. The service will assess and reduce the risks associated with manual handling. The main area of the body affected by handling accidents is the back, but virtually any part of the body can suffer injury due to poor manual handling. It is important to remember that health, safety and welfare is the responsibility of everybody in the service

The Management Duties:

- Assess risks to the health and safety of their employees and others who may be affected in order to identify the measures needed to comply with relevant Health and safety law.
- Make arrangements to implement the measures identified as being required by the risk assessment.
- Appoint competent people to help with implementation.
- Provide information to employees that can be understood, as well as adequate training and instruction.
- Set up emergency procedures.
- The staff should complete Manual handling training.
- Avoid hazardous Manual Handling operations as far as is reasonable practicable
- Make suitable and sufficient assessment of any hazardous manual handling operations that cannot be avoided.
- Reduce the risk of injury from those operations so far as is reasonably practicable

Employee Duties:

- Report dangerous situations and any shortcomings in their employers' health and safety arrangements.
- Take reasonable care not to endanger themselves or anybody else.

Principle of Safer Handling:

The simple steps below are not a guaranteed way of protecting you from manual handling injury. By following the steps below, you are reducing the possibility of an accident and the injury that could result from it. The basic principles are:

- Avoid manual handling whenever possible.
- Use equipment (*if available*).
- Assess the task (*consider use of equipment or breaking it down into easy stages*).
- Assess the load (*try a test lift*).
- Know your own limitations and do not be afraid to ask for assistance if required.
- Prepare the area, remember that whatever you pick up must be put down at some point (*and vice versa*).
- Position yourself correctly.

- Perform the task applying safer lifting techniques.
- Evaluate the task (*how could it be made easier next time?*).

The key message when performing manual handling is THINK before you do it.

Performing a Safer Lift:

When performing the task there are accepted practices that should be used to make any handling task safer. They are:

- Think before handling/lifting.
- Keep the load close to the waist.
- Adopt a stable position.
- Ensure a good hold on the load.
- Moderate flexion (slight bending) of the back, hips and knees at the start of the lift.
- Do not flex the back any further while lifting.
- Avoid twisting the back or leaning sideways especially while the back is bent.
- Keep the head up when handling.
- Move smoothly.
- Do not lift or handle more than can be easily managed.
- Put down, then adjust.

Remember the risk of injury is greatly reduced if the object being moved is picked up or put down at waist height.